

Activated Life Chiropractic & Wellness

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Thanks for the Referrals!

The ultimate compliment is when our patients tell their friends and families about Activated Life Chiropractic & Wellness. Thank you for helping us help others!

OFFICE HOURS

Monday:
7:00am-12:00pm
2:00pm-6:00pm
Tuesday:
8:00am - 12:00pm
1:00pm - 3:00 pm
Wednesday:
7:00am-12:00pm
2:00pm-6:00pm
Thursday:
8:00am - 12:00pm
1:00pm - 3:00 pm
Friday:
7:00am - 2:00pm

Now You Know

One of the most common symptoms treated by chiropractic care, lower back pain, could cost up to 20% percent less if it is first treated by a DC instead of a MD.

“Regular chiropractic adjustments go hand in hand with good health.” – Peter Fonda

One thing that chiropractic care offers is corrective treatment, addressing any misalignments or injuries. But many people visit the chiropractor as a form of preventative healthcare.



ACTIVATED LIFE
CHIROPRACTIC & WELLNESS

What is the “S Word?”

Did you know that chiropractic care isn’t just for physical improvements? It can also help you reduce stress and eliminate anxieties that can fester if you don’t take great care of your nervous system.

Through regular adjustments, you can protect your mental health, and build a sustainable relationship between your nervous system and overall health.

Let’s take a look at some of the main ways an adjustment can help you during this stress awareness month.

- Minimizing muscle tension

Muscle tension is one of the most common physical symptoms of stress, as your shoulders, jaw, and back seize up due to the continued pressure you’re experiencing. By adjusting the spine and checking your other joints, we can help to reduce this reaction, and in turn, minimize the continuous cycle of stress and physical tension from building in the body.

- Get better sleep

Sleep and rest are incredibly important to your overall health which can help minimize stress levels. With the help of adjustments, you can work to improve the alignment of the spine, which in turn reduces pain and discomfort that can interfere with sleep. The more you can sleep, the better your body can recover, giving you energy you need to take on each new day feeling fresh and clear with minimal stress levels.

- Improve nervous system function

The nervous system plays a key role in the body's stress response. By improving nervous system function through chiropractic adjustments, we can help reduce the body's stress response and promote overall relaxation.

- Improve Posture

Poor posture can be a contributing factor to stress and tension in the body. Through continual adjustment sessions, we can help you improve your posture, and align the spine and other joints in the body. This can help reduce tension, protect your nervous system, and help you integrate proper posture practices into your day-to-day life.

The Scheduling App is Available!

For your convenience, we now have a scheduling app.

Here is how to download it!

- Scan the QR code with your phone.
- Download **The Scheduling App**.
- Enter our clinic ID: **QQFJYZ**
- Register using the email and phone number on file with us.



I HAD TO LEARN THE HARD WAY THAT MY EMOTIONS ARE NOT SEPARATE FROM MY BODY.



Find us on the Web! We post great pictures, videos and health tips!



Search for us on Facebook, Instagram and YouTube:

Activated Life Chiropractic & Wellness on Facebook.

Visit us and become a fan!

Post a review or comment, and share us with your friends.

www.alcwdrstilson.com



Keep Them Moving! April Foot Health Month

Did you know the average person walks about 7,500 steps a day?!

With 26 bones and 33 joints, our feet serve as the foundation for the rest of our body. If the feet are not mechanically sound, it can affect the knees, hips and even the lower back.

Here are a few tips to keep them moving in the right direction!

- Don't ignore foot pain- Check in, figure out where the pain is coming from, as this can lead to multiple other areas of pain in your body.
- Make sure your shoes fit properly.
- Alternate shoes- do not wear the same shoes everyday as these can wear easily and cause discomfort.
- Exercise your feet- Stretching our legs, feet, and ankles daily can help keep them healthy!
- Upkeep nails and daily foot care- trimming of nails is important as well as keeping our feet happy with lotion or other moisturizers.

Here at Activated Life Chiropractic and Wellness we can help! We have our Special Custom Orthotics called Foot Levelers that are made custom for you! Please let us know if you have any questions. These can help with pronation, flat feet, or arch issues!



4 Facts About April Fool's Day

April Fools' Day falls on the 1st of April every year. That means it's time to prepare your pranks and jokes to catch your family and friends out - and have a little harmless fun! Here are a couple of fun facts you may not know about April Fool's Day.

- When do you think the first Fool's Day got celebrated? Well, the record of the first Fool's Day was found out to be in 1392, which means that the celebrations might have started then or before that.
- During the 19th century, April Fools' Day gained popularity as a tradition in the United States. Mark Twain, the American novelist, is famously quoted as having said, "The first of April is the day we remember what we are the other 364 days of the year."
- Other beliefs say that it came as a day of laughter and celebrating life by throwing away evil thoughts!
- A travel site once announced on April first that it's offering a trip to Mars for a specified period! A trip to the angry red planet is appealing, but the announcement date would have been checked if not the authenticity!
- According to a YouGov America poll conducted in 2021, 47% of American adults find April Fools' Day to be "annoying", while 45% find the day to be "amusing". Where do you stand?

Dinner Time ~ Spinach Tortellini Soup

Ingredients

- 2 tablespoons avocado oil
- 1 medium yellow onion, diced small
- 2 large carrots, diced small
- 2 large celery ribs, diced small
- 1 teaspoon fine sea salt
- 1 pound pork sausage
- 8 cups chicken or beef broth
- 5 ounces baby spinach
- 9 ounces cheese tortellini
- 1/4 cup chopped flat-leaf parsley
- 1/4 teaspoon freshly ground black pepper
- Grated parmesan or pecorino, for serving



Instructions

1. Heat the avocado oil in a large pot over medium-high heat.
2. Add onion, carrots, celery and salt, and stir to coat with oil.
3. Cook for about 10 minutes, stirring occasionally, until somewhat softened and beginning to brown. Don't rush this step, as browning adds a nice depth of flavor.
4. Add sausage to the pot and cook to brown.
5. Stir in bone broth and bring to a boil.
6. Cover and reduce heat to simmer for 10 minutes.
7. Remove lid and add spinach and tortellini.
8. Cook according to tortellini package instructions (usually just simmering for a few minutes).
9. Off the heat, stir in parsley and pepper.
10. Ladle into bowls and serve with cheese to pass at the table.

Call
(406)770-3800

Irritable Bowel Syndrome Awareness Month- Leaky Gut

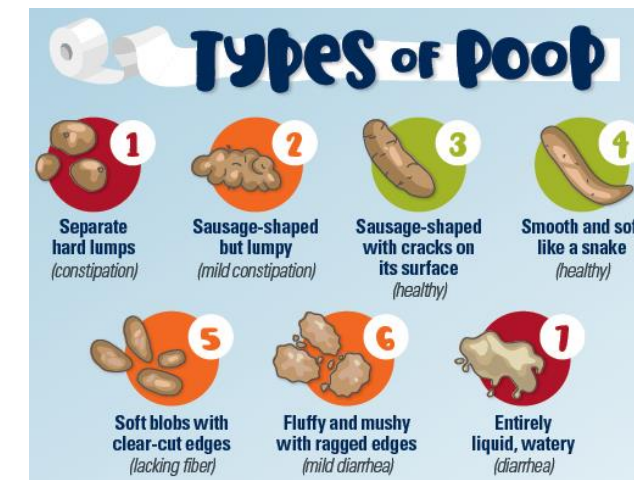
Irritable Bowel Syndrome has several different symptoms that can occur when this is surfacing as a patient. On average this condition takes 4 years to be correctly diagnosed. Symptoms can include: abdominal pain, changes in how often you are having a bowel movement, increased gas, constipation, and diarrhea.

Approximately 12% of the population in the US has this condition. At the clinic we are able to muscle test sensitivities as well as adjust the valves leading into the stomach to help ease discomfort.

Here are some tips in helping your gut:

- *Manage stress
- *Probiotic use
- *Bloating
- *Remove Food Triggers/ Allergens/ Sensitivities
- *Regular Exercise
- *Regular mealtimes
- *Leaky Gut Supplementation from Nutri West

Proper supplementation for leaky gut is imperative. Quality supplements should be able to dissolve in water. If they don't, how will they dissolve in you? This is why we recommend Nutri West Supplements because the quality is well researched and bio available to your body's needs.



Hope in a Stressful World

The world may seem dismal with all the school shootings, conflict in the Eastern Part of the World, natural disasters, local crimes and so much more! Yet, I say to you, HAVE HOPE! "We have this hope as an anchor for the soul, firm and secure" Hebrews 6:19. Don't let the things of this world drag you down. Instead, know that the joy of the Lord is always with you! Jesus said "I have given them your word and the world has hated them, for they are not of the world any more than I am of the world. My prayer is not that you take them out of the world but that you protect them from the evil one" John 17:14-15. Celebrate the truth that God is with you no matter the circumstances.

Mary Morrissey, a life-coach, once described to me that circumstances don't define who you are. If you break down the word circumstance, it literally means to stand around. In other words when events happen remember that they don't happen to you, they happen around you. This is important to remember because you don't have to identify with the world. As a believer in Christ, you have overcome the world through Jesus Christ and no longer live the way the world does. "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" 2 Corinthians 5:17. Stress is bound to happen. When stress is not dealt with accordingly, the body likes to hold onto it. I call this "Issues in the Tissues!" When you feel stressed, remember that we can help you with relieving the body of stress using a technique called Neuro Emotional Technique (Inquire within the office for more details). Don't let stress become part of you. Instead give it up to the Lord. -Dr. Justin

